



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Mika, Rainer

Club: VfB Salzkotten  
Number: 226

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:47:35

Speed: 9.38 km/h

Rank in course/Total: 356 (of 532)

Rank in course/Men: 324 (of 452)

Best time in course: 1:36:15

Rank in category: 56(of 78)

Best time in the category: 2:00:23

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			km/h	Cat.								Cat.
Loddenke	3.30	20:53	9.48	60	5:59	343	9:07	3.30	20:53	9.48	60	5:59	343	9:07
Schlüsie	3.10	22:01	8.45	55	5:42	329	9:06	6.40	42:54	8.95	56	11:41	339	18:13
Hermannsklippe	2.60	20:02	7.79	58	5:49	359	8:47	9.00	1:02:56	8.58	59	17:26	348	27:00
Brocken	3.10	33:16	5.59	64	11:08	373	16:04	12.10	1:36:12	7.55	62	28:34	361	43:04
Eiserner Handwe	3.60	19:49	10.90	49	5:34	293	8:12	15.70	1:56:01	8.12	62	33:55	352	51:16
Schlüsie	4.10	19:27	12.65	50	5:56	293	8:01	19.80	2:15:28	8.77	61	39:19	341	59:17
Loddenke	3.10	14:55	12.47	43	3:24	242	5:18	22.90	2:30:23	9.14	56	42:43	325	1:04:35
Ilseburg/Markt	3.30	17:12	11.51	56	4:29	311	6:45	26.20	2:47:35	9.38	56	47:12	324	1:11:20